What's happening

May/June 1988
A bimonthly calendar of public events at UC-San Francisco. Please come and enjoy.

UCSF-Laurel Heights Events

All events held at 3333 California St. Auditorium. Call 476-3206.

Wed., May 11: **Acting Our Age: A Film About Women Growing Old.** Followed by discussion with the film's director, Michal Aviad. 1:30-3:30 p.m.

Wed., June 1: **Community Health Talk: Progress in Diagnosis & Treatment of Heart Disease.** 7:30-9 p.m. Free parking.

Campus Tours

All tours are free and take place at 1 p.m. on Tuesdays, May 10, 17, 24 & 31 and June 7, 14, 21 & 28. Meet in the lobby of Medical Sciences building, 513 Parnassus. For further information call 476-4394.

Brown Bag Tours/Lectures

All lectures are free and held on Wednesdays at noon in Room 300, Health Sciences West (enter through 513 Parnassus) unless otherwise stated. Videotapes of all talks are available for viewing in the UCSF Library, SIMA Unit, Room 345 Health Sciences East. For further information call 476-4394.

May 11: **Confident, With Heroic Tonalities.** Or, how *not* to describe wine. Irreverent wine analysis for both novice and connoisseur.

May 18: **Orthopedics & Physical Therapy = Physiatry.** Effective, non-invasive treatment of stroke, back pain, spinal cord, head and sports injuries.

May 25: **Social Anxieties II.** Understanding and treating extreme social anxiety.

June 1: **Caring for Your Aging Parents.** The challenge of managing multiple roles.

June 8: **Stress: How It Affects Thought & Emotions.** Its relationship to your health and how to handle it.

June 15: **Neurological Complications of Cocaine Use.** Neurological and psychiatric problems.

June 22: **The Mystery of Osteoporosis.** How necessary are calcium, hormones and exercise? Toland Hall, 533 Parnassus.

June 28: **Diabetes: Implications for Your Health.** A disease that *you* can do something about.

New Volunteer Orientation

To acquaint new & prospective volunteers with opportunities available in the Medical Center at UCSF. Call 476-1196.

Tues., May 17 & June 21: Rm. 213, Clinical Sciences Bldg., 521 Parnassus. 6-8 p.m.

Sat., June 4: Junior Volunteers (ages 14-15). Rm. 517, School of Nursing Bldg. (enter through 521 Parnassus). 9 a.m.-4:30 p.m.

Sat., June 11: For high school students (ages 16-18). Rm. 664, Medical Sciences Bldg., 513 Parnassus Ave. 9 a.m.-4:30 p.m.

Sat., June 25: For college students. Rm. 664, Medical Sciences Bldg., 513 Parnassus Ave. 9 a.m.-4:30 p.m.

Nursing Courses

Full-day courses sponsored by the Medical Center at UCSF, Department of Nursing. For exact times & locations call 476-2993.

Wed., May 18: **Quality Assurance Workshop.**

Mon., May 23: **Advanced Code Blue.**

Wed., May 25: **Chemotherapy.**

Thurs., May 26: **Microteaching.**

Fri., May 27: **Pediatric Assessment.**

Mon., June 6: **Advanced Bone Marrow Transplant.**

Wed., June 8: **Who Cares for the Caregiver?**

Special Events

Thurs., May 12: **Chauncey D. Leake Day.** A campus relay race from Millberry Union, 500 Parnassus, to Saunders Court. Picnic lunch in Saunders Court to follow. Noon. Annual Leake Lecture: "Processing Information in Biological Systems." Daniel E. Koshland Jr., UC-Berkeley biochemist & editor of *Science*. Cole Hall, 513 Parnassus. 3-4:30 p.m.

Fri., May 13: **Acting Our Age: A Film About Women Growing Old.** Cole Hall, 513 Parnassus. 1 p.m.

Sat., May 14: **Skin Cancer Screening Clinic.** Free check-ups at the UCSF Dermatology Clinic. 3rd Floor, Ambulatory Care Center, 400 Parnassus. 9 a.m.-1 p.m.

Wed., May 18: **Matinee Cabaret: Miko & His World.** World-famous mime Bronislaw Machalski. Cole Hall, 513 Parnassus. Noon.

Thurs., May 19: **Lecture: Involuntary Smoking.** Stanton Glantz, UCSF professor of medicine, discusses second-hand smoke. Rm. 300, Health Sciences West (enter through 513 Parnassus). Noon. Part of UCSF's program to help people quit smoking. The campus becomes "Smoke-Free" beginning June 6. (See story on back page.)

Wed., May 25: **Community Health Talk: Food for Thought—How Diet Affects Our Mental Health.** UCSF psychiatrist Kim Norman. Toland Hall, 533 Parnassus. 7:30 p.m. Free parking in Millberry Union garage, 500 Parnassus.

Wed., June 1: **Dedication of New Beckman Vision Center & Koret Vision Research Laboratory.** Located at 10 Kirkham (left on Kirkham from Fifth Ave.). Tours of the new building: 9:30 a.m. Ceremony: 10:30 a.m. For information call 476-1921.

Fri., June 3: **Helen Nahm Research Lecture: Challenges in Social Support Research.** UCSF nursing researcher Jane S. Norbeck. Toland Hall, 533 Parnassus. 10 a.m.

AIDS/ARC Update '88

Wed.-Thurs., June 15-16: Two-day educational program, co-sponsored by the UCSF AIDS Professional Education Project and many other Bay Area AIDS organizations. SF Civic Auditorium. Call 476-7882.

View Points

Forums on sight loss and how to deal with it. UCSF Clinical Eye Research Center, 374 Parnassus. Saturdays, 11 a.m.-1 p.m. For more information call 476-5022.

May 7: **SF Parks Department Programs.** Don Yberetta, SF Recreation & Parks Dept.

May 21: **Talking Yellow Pages.** Yellow Phone manager Zachary Pavlides.

June 4: **Low Vision Evaluations & Devices.** Mary Gerhart, UCSF Low Vision Clinic.

Art Exhibits

Hospitals Auxiliary Exhibit: On display for the month of May in the lobby of Moffitt/Long Hospitals, 505 Parnassus, are watercolors, color photography, woodblock etchings & mixed media. On display during June will be color photography, framed oils, black & white pencil drawings and cast paper pictures. A portion of all proceeds benefits patients at the Medical Center at UCSF. To purchase or reserve work, visit the Auxiliary Office, Rm. 182, Moffitt Hospital, 505 Parnassus, 9 a.m.-4 p.m., or call 476-4906.

Faculty/Alumni House Exhibit: On display through May 30 are acrylic paintings by well-known artist and UCSF surgeon Frank Hinman. Faculty/Alumni House, 745 Parnassus. On display June 6 through August 26 will be painter Gloria Zernik's retro-figurative abstract art. 9 a.m.-5 p.m. Reception for the artist Thurs., June 9, 4:30-7 p.m. Call 476-4723.

Mobile Mammography Screening Program

Women can have low-cost mammograms—x-rays to screen for breast cancer—from a mobile van that travels to convenient shopping or downtown locations in San Francisco and remains for a week at a time. Women need the approval of their physicians to have the mammogram. The procedure takes approximately 20 minutes and costs only $40. To make an appointment call 990-0459 or 476-2193 between 9 a.m. and 3:30 p.m. The van will be at the following locations during May and June:

- May 16-20: Embarcadero, on Drumm St. between Sacramento & Clay.
- May 23-27: UCSF Laurel Heights, 3333 California St. in the left parking lot.
- May 31-June 3: Mission/Excelsior, 4900 block of Mission St. between Italy & France.
- June 13-17: Westlake Shopping Center, on Park Plaza Dr. near the Safeway.
- June 20-24: Marina Green parking lot near Ft. Mason & the Safeway.
- June 27-July 1: Richmond district, 7th Ave. between Geary & Clement.

Parenting Programs

A series of lectures and workshops sponsored by the UCSF Women's Resource Center. All lectures are free and held in Toland Hall, 533 Parnassus, noon-1 p.m. Workshops are $10-$20 sliding scale and held in Rm. 130, Clinical Sciences Bldg., 521 Parnassus; Saturdays, 10 a.m.-1 p.m. Childcare for workshops provided for $5. For further information and to pre-register for workshops call 476-5836.

Sat., May 14: Workshop: **Under One Roof (Or Not): Building Positive Relationships in Step Families**.

Thurs., May 19: **School Age Children and the Working Family.** Lecture by Gwen Tillman & Sylvia Chavez-Frinak, SF Children's Council.

Sat., May 21: Workshop: **College Selection for Parents of High School Students: A Practical Guide for Successful College Planning**.

Tues., May 31: **Parenting A Teenager: Empowerment Tools & Strategies.** Lecture by Zakiya N.T. Somburu, parent & director of the Bay Area Black Women's Health Project.

Stories of Health & Illness

Photographs and discussions presented by the UCSF Visual Media Research Project. Eye Gallery, 1151 Mission St., San Francisco. For more information call 431-6911.

Wed., May 4-Sat., June 4: **Exhibit of photographs by UCSF faculty & staff.** Open Wed.-Sun., noon-5 p.m.

Fri., May 13: **Reception for the photographers.** 7-10 p.m.

Wed., May 18: **What Does The Future Hold?** Panel discussion of out-of-home child care. 7:30 p.m.

Thurs., May 26: **Using Photography in Health Research.** Discussion with UCSF's Betty Highley & Tom Ferentz, principal photographers in the exhibit. 7:30 p.m.

Cole Hall Cinema

All films are shown in Cole Hall, 513 Parnassus. Children under 14 $2; UCSF students, seniors, & Millberry Union members $2.50; general $3. Call 476-2571.

Nuts. Thurs., May 12 at 7:30 p.m.; Fri., May 13 at 6:30 & 9 p.m.

Fatal Attraction. Thurs., May 19 at 5:45 & 8:15 p.m.; Fri., May 20 at 6:30 & 9 p.m.

Moonstruck. Thurs., June 2 at 5:45 & 8:15 p.m.; Fri., June 3 at 6:30 & 9 p.m.

Broadcast News. Thurs., June 9 at 7:30 p.m.; Fri., June 10 at 6:30 & 9:15 p.m.

Outdoors Unlimited

Located on Parnassus Ave., street level in the University Hospital Bldg. between 3rd and 4th Ave., Outdoors Unlimited offers outdoor adventures for the neighborhood and campus community. Sign up for activities from 11:30 a.m. to 1:30 p.m. or 5 to 7 p.m., Monday & Friday; 11:30 a.m. to 1:30 p.m. or 4 to 6 p.m., Tuesday to Thursday. Two-week advance registration and attendance at a pre-trip meeting is required for most events. Pre-trip meetings and classes take place in Milberry Union, 500 Parnassus. For further information and a free brochure listing all events call 476-2078.

Tues., May 10: **Wave Ski Club Meeting.** Millberry Union Madrone Room, 500 Parnassus. 8 p.m.

Tues., May 10: **Wildlife & Geography of East Africa.** Slide presentation. Rm. 300, Health Sciences West, enter through 513 Parnassus. 7:30 p.m.

Sat.-Sun., May 21-22: **Introduction to Safe Climbing.** Held at a Sierra climbing site.

Wed., May 25: **Bay Area Sea Kayakers Meeting.** Rm. 300, Health Sciences West, enter through 513 Parnassus. 6:30 p.m.

Sat.-Sun., June 4-5: **Beginning Boardsailing Skills Clinic.**

Sat.-Sun., June 11-12: **Basic Canoeing Skills Clinic.**

Sat.-Sun., June 18-19: **Introduction to Safe Climbing Skills Clinic.**

Sat.-Sun., June 18-19: **Beginning Boardsailing Skills Clinic.**

Sat.-Sun., June 25-26: **River Canoeing Skills Clinic.** Classroom sessions, Tues.-Wed., June 21-22

PRO: Recreation & Fitness

Over 100 classes for the active and the inactive person. Summer classes include aerobics, weight management program, healthy neck and back care, massage & relaxation, yoga, dance, tennis and much more! Special Children's Summer Program includes swimming, kindergym, dance/movement & parent-child aerobics. Registration begins Tues., June 14, for children's classes & Tues., June 28, for adult classes, at Millberry Union Central Desk, 500 Parnassus. For further information and a free brochure listing all classes call 476-1800.

Rape Prevention Education

For information call 476-5222.

Self-Defense Classes for Children & Adolescents. UCSF Marilyn Reed Lucia Child Care Study Center, 610 Parnassus. 10:30 a.m.-2 p.m. $15.
Sat., May 7: Ages 15-17.
Sat., June 4: Ages 11-14.

Tues., May 10: **Just Because of Who We Are.** A videotape about violence against lesbians followed by discussion with Carmen Vasquez, former director, Community United Against Violence. Toland Hall, 533 Parnassus. Noon-1 p.m.

To Our Neighbors is produced by the UCSF News and Public Information Services Department. For further information call 476-1541.

UCSF
University of California, San Francisco
...A Health Sciences Campus

May/June 1988
A summary of recent news stories from the University of California, San Francisco . . . A Health Sciences Campus.
Volume 13, Number 3

To our neighbors

MRI Helps Summer Olympic Hopeful

A year ago, aspiring Olympic javelin thrower Amy Bublak of Placerville was desperate—the often excruciating pain in her injured right knee was ruining her throwing, yet her orthopedic surgeon could find nothing wrong.

What an arthroscopy missed, however, magnetic resonance imaging (MRI) easily picked up. "MRI found the damaged cartilage in her knee," says UCSF radiologist David Stoller, MD. UCSF orthopaedic surgeon James Glick, MD, quickly repaired it.

This is just one instance of recent and rapid advances in magnetic resonance imaging of the joints. According to Stoller, MRI can visualize fractures, cartilage tears and other injuries of soft joint tissue that conventional diagnostic techniques such as x-rays, arthrograms and computed tomography (CT scans) can't. This helps avoid unecessary procedures, and can spare the patient a lot of pain, he says.

For further information call 476-2852.

Teaching Contest for Middle and High School Students

San Francisco middle and high school science students will have a chance to become teachers as part of a contest sponsored by UCSF in cooperation with the SF Unified School District.

The aim of the contest, which started last month, is to get the students to experience the fun of science and health by examining a subject in depth. "The best way to learn is to teach," said Stan Glantz, PhD, UCSF professor of medicine and chair of the contest.

"The contest also gets students actively involved in developing science and health curricula and giving their ideas on how those subjects can be taught under today's conditions and budget restraints," says Susan Floore, a science teacher at Martin Luther King, Jr. Middle School and a member of the committee that designed the contest.

The finalists will be asked to actually carry out their plan and teach the courses to the science students they target.

Winning teams from San Francisco middle and high schools will share $5,000 in prize money donated by the Gordon Tomkins Fund of the UCSF Department of Biochemistry/Biophysics.

The contest is sponsored by the Science Education Partnership Program—a joint effort of UCSF faculty and teachers in the SF School District—to help maintain quality science education in the middle and high schools. For further information on the program call Christopher Palm at 731-6616.

Campus Environmental Assessment Begins

The first step of a four-phase environmental assessment study to evaluate the impact UCSF activities on the Parnassus site have on the surrounding neighborhood will begin this month. The program, conducted by the independent firm Radian Corporation, in conjunction with the UCSF Office of Environmental Health & Safety, will monitor chemical agents, noise and radiation.

The results of this assessment will help the University respond to increasing federal, state and local regulations; keep the general public, campus neighbors and employees informed; and obtain valuable background data for planning and evaluating future campus activities.

The first step of this four-phase assessment will identify the various types of research being conducted, as well as the physical, chemical and biological agents being used in the various laboratories.

Representatives from community organizations have been included in the environmental assessment's planning committee. For further information call 476-1300.

UCSF Will Be Smoke-Free

Starting June 6, UCSF will be smoke-free, which means that smoking will not be permitted in any indoor campus areas, including administrative offices, labs, waiting rooms, hallways, clinics, private offices, classrooms, conference rooms, restrooms, lounges and elevators.

The only exception to the policy will be for those few patients who have specific permission from their attending physicians and are in private rooms. Visitors will not be allowed to smoke in patient rooms.

UCSF
University of California, San Francisco
News and Public Information Services
513 Parnassus Avenue, San Francisco, CA 94143-0462

Rush—Time Dated
May/June 1988

To our neighbors

"Sweet Success" Program for Diabetic Moms Dramatically Cuts Birth Defects

"Sweet Success" is a unique program launched in the Bay Area six years ago to help diabetic women have healthy babies. The first of its kind in the nation, the program is living up to its name.

Early results show that a diabetic woman's chance of having a malformed baby can be dramatically cut—from five times the normal risk to normal—if her diabetes is well controlled before she becomes pregnant, according to John L. Kitzmiller, MD, UCSF chief of obstetrics. Kitzmiller, who directs the Sweet Success North Coast regional center, located jointly at the Medical Center at UCSF and Children's Hospital, pioneered the approach used in the program.

So far, Kitzmiller reports only 1 of 62 women enrolled at the regional center or its affiliate hospitals before becoming pregnant had a malformed baby—about the same incidence as in pregnant women without diabetes.

The crux of the program is education and teamwork, Kitzmiller emphasizes, as the patient works closely with a social worker and dietician in addition to doctors and nurses. She learns the importance of diet, exercise and reducing stress to control her diabetes. A simple glucose meter allows her to monitor blood sugar at home several times a day, adjusting insulin doses if necessary. Some patients use a portable insulin pump to deliver a continuous, controlled dosage beneath the skin. When her diabetes is well under control, the woman tries to get pregnant.

For further information call 476-5895.

Fish Oil Slows Hardening of Arteries

UCSF scientists have reported that fish oil in the diet slows hardening of arteries (atherosclerosis) in rabbits, confirming previous animal studies and human epidemiologic data.

Together, the current study and other studies suggest that consuming cold water fish might help lessen the chances of a heart attack or stroke.

The UCSF finding, by cardiovascular researcher Bo-Qing Zhu, MD, cardiologist William Parmley, MD, and colleagues, directly contradicts a recent rabbit study by Thiery and Seidel, which appeared last year in the journal *Atherosclerosis*, that indicated fish oil increases deposits of plaque in the arteries.

The UCSF findings lend further support to the theory that oil from cold water fish slows the development of atherosclerotic plaques in the walls of arteries, and may even reduce plaques already present.

It's Your Smile

If you are in good health, need your teeth cleaned, or even a gold cap, crown or silver filling, why not consider being a patient during UCSF's licensure examinations? On Sunday, June 12, and Wednesday to Friday, June 22 to 24, dental treatment will be provided at no charge by graduates of the UCSF dental and dental hygiene programs. For further information call 476-2712 weekdays, 9 a.m. to 5 p.m.; after hours 476-4946.

Brant Ward, *SF Chronicle*

Young Nicholas with Chrissa Roukas, owner of a Noe Valley pizza shop, who helped find accommodations for Nicholas's parents during his hospital stay.

From Greece to UCSF: Help at Last

When Nicholas Katsoulakis, a four-year-old from Greece, was born, the doctor told the new father his son had some very big problems, so big they didn't know what would happen, or if he could ever be well.

As told recently in the *San Francisco Chronicle*, young Nicholas was born with a rare bladder defect. His lower abdomen, from his belly button to his groin would not close, his bladder was exposed to the air, and his kidneys emptied urine into the incomplete bladder, which drained continually out of his belly.

In search of help, Nicholas' parents crisscrossed Athens by bus. The best known Greek surgeons told them nothing could be done. They scraped together enough money to fly to Toronto, and then even to Moscow, only to hear the same sad news: Nothing can be done.

But then last year, they heard of another Greek surgeon who had trained in the US. He said, "I will not lie, I cannot do this. But, I know who can, the only one in the world, and he can make him well." That man was UCSF urologist Emil Tanagho, MD.

During a seven-hour operation in January, Tanagho's team broke the small boy's pelvic bone, folded it closed, drilled holes in the bone to tie it into a normal configuration, wrapped the half-bladder to make a closed reservoir and created a complete abdominal wall to close the open belly.

Nicholas and his parents now are home, and he shows no outward signs of his previous condition. They will be back next fall for some final touches to the reconstruction. Later on, Nicholas plans to come back again . . . to marry that special nurse on the sixth floor.

(More news items on back page)